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(54) Golf training apparatus

(57) The Star Swing figure 1 is a practice aid enabling golfers to perfect their swing by concentrating on the marked point 8 through the telescopic viewer 7 which is set in the guide block 5, therefore eliminating movement of the head, body etc. The guide block is hinged at Two points enabling adjustment to an appropriate position so the golfer can see the marked point. The guide block can be secured to the practice mat 1 or used separately allowing golfers to practice in the garden and/or driving range.

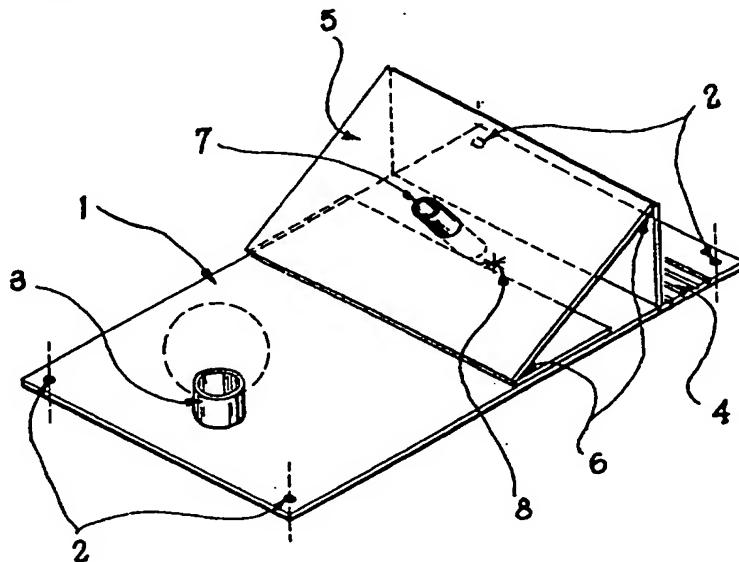


FIG. 1.

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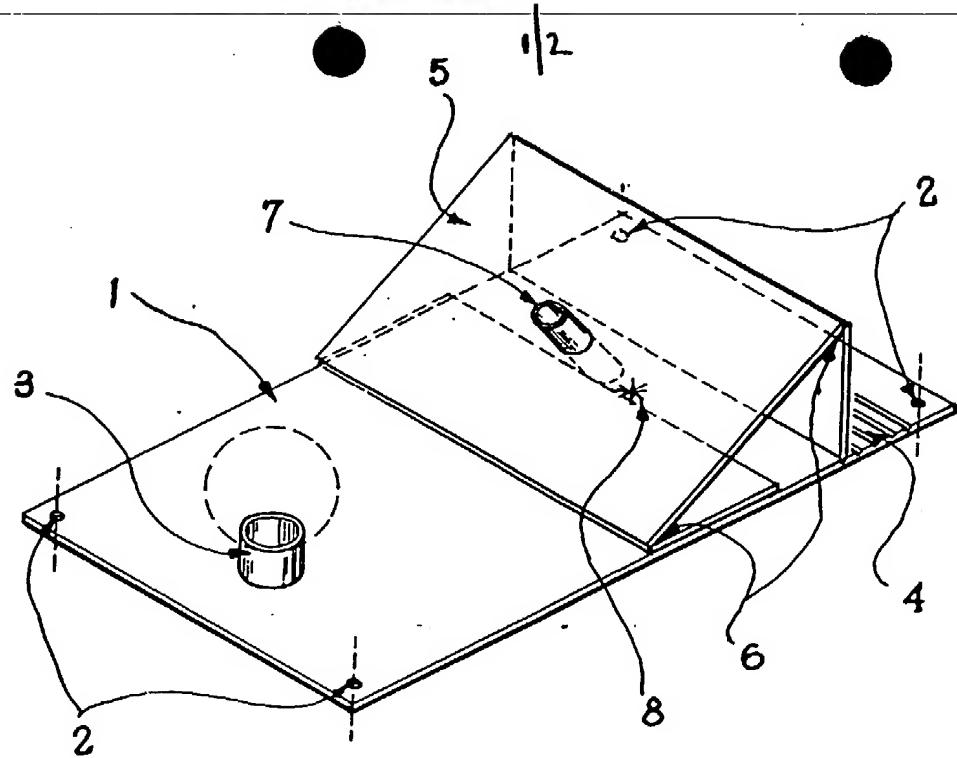


FIG. 1.

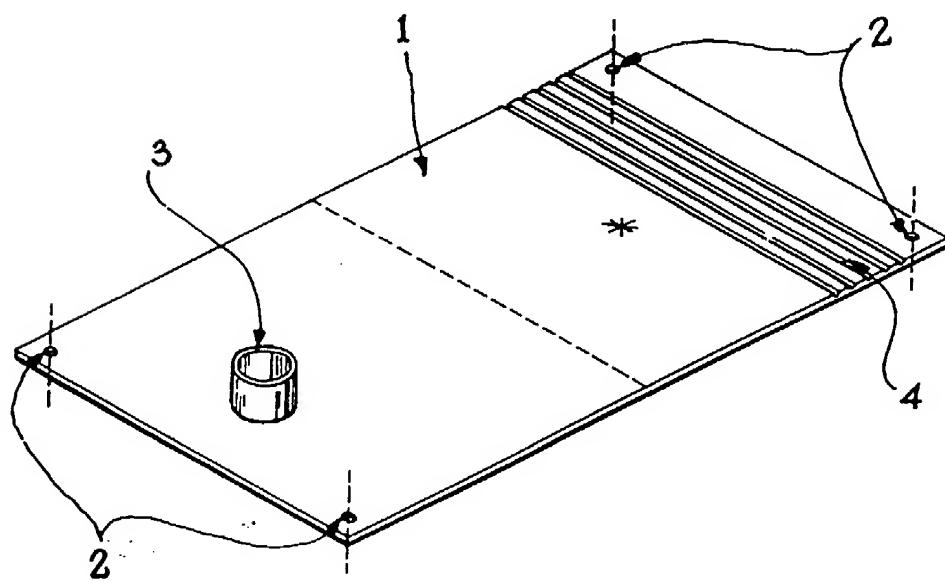


FIG. 2.

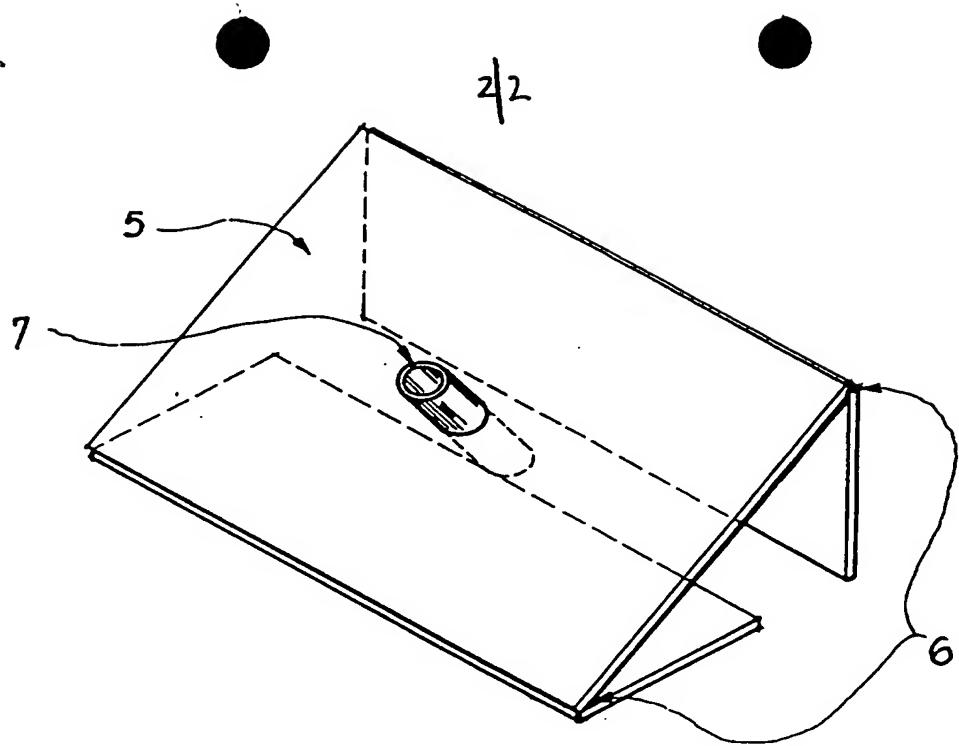


FIG. 3.

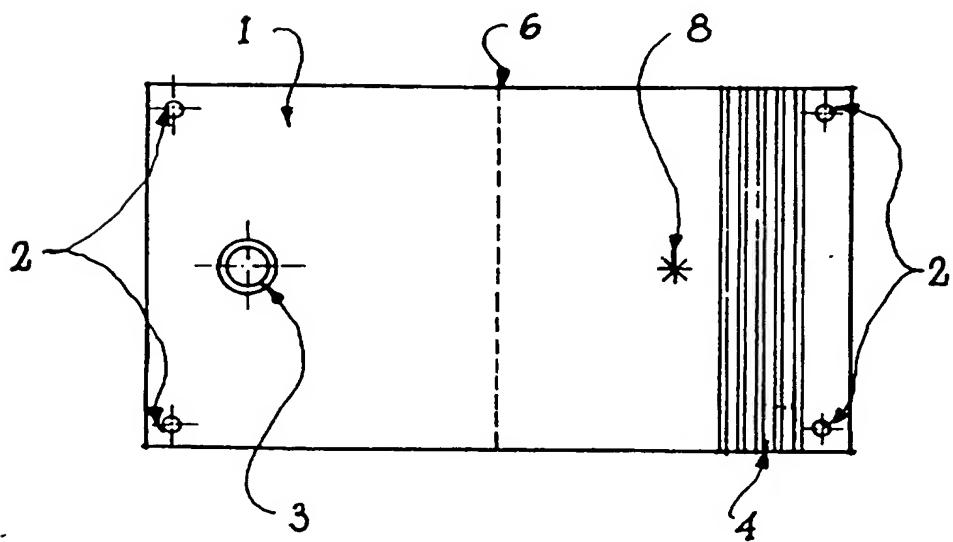


FIG. 4.

STAR SWING.

This invention relates to a practice aid to improve the golf swing.

It is recognised that a golfers swing is a key part of his/her game, many golfers move their head, body etc when swinging therefore impeding the accuracy of their swing. The Star Swing is a practice aid for golfers whereby the golfer can train themselves to eliminate movement by concentrating on the marked point, which is the star seen through the telescopic viewer, therefore greatly improving their game.

According to the present invention there is provided a practice mat with adjustment grooves and staking holes in each corner, a rubber golf tee, a detachable guide block with marked point and telescopic viewer and four staking pins.

A specific embodiment of the invention will now be described by way of example with reference to the accompanying drawing in which:-

Figure 1 shows in perspective, the practice mat with the guide block in position.

Figure 2 illustrates the practice mat with the guide block removed.

Figure 3 shows the guide block.

Figure 4 shows an overhead view of the complete apparatus indicating the position of the marked point.

The practice mat 1 is placed on the ground and secured with the staking pins 2, the adjustable guide block 5 is secured to the practice mat by, for example, bolts, catches or similar means (not shown) and folded at the hinged points 6. The guide block is adjusted to the appropriate position by means of the adjustment grooves 4 so that the golfer can see the marked point 8 which is situated on its lower segment through the telescopic viewer 7.

The Golfer would take his stance over the tee 3 and visual contact with the marked point must be maintained in order to prevent movement of the head, body etc and the swing will be enhanced.

The dimensions of the telescopic viewer are such that if any movement occurs then visual contact with the marked point will be lost.

If movement occurs then visual contact will be lost and the ball will not be projected in the desired direction. When movement occurs the golfer is required to readjust their position until visual contact is resumed and try again.

The apparatus is ideal for practising the swing in the garden without the use of a ball whereby the golfer will be playing the tee using the complete apparatus. The adjustable guide block can be used separately at the driving range where a ball would be used.

CLAIMS.

1. The Star Swing is an ideal practice aid for garden use.
2. With continued practice movement of the head, body etc is eliminated by concentration on the marked point.
3. The telescopic viewer is of such dimensions that the marked point can not be visualised when only minimal movement occurs.
4. The guide block can be used separately therefore allowing continued practice at the driving range where balls can be played from provided mats.

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